

AUGUST / SEPTEMBER 2019

The

# UPMC PM&R Times

Brought to you by the PM&R Wellness Committee

## UNIT HIGHLIGHT

6F Stroke Rehab



## Wall of Bitmojis

Come decorate!



## Friday Lunch and Learn

Brought to you by Dr. Franzese,  
every Friday 12:15 to 1 PM!

Resident Retreat, Wednesday,  
September 11<sup>th</sup>, stay tuned for  
details!

## UPCOMING EVENT!

**PM&R Welcome Picnic**

**August 17<sup>th</sup>, 3PM-7PM**

Elm Grove Shelter, Highland Park

*Join the annual fun and meet  
all the awesome faculty,  
residents, and families!*

## Welcome Class of 2022!



*Jimmy E, Mike S, Jessica B,  
Jeff S, Grace O, Kristen H,  
Lucas B, Kaivalya D, Mike G*

## UPMC Kickball Summer 2019



*Lead by team captain Mike Guthrie. Great  
season everyone! Stay tuned for more team  
sports opportunities!*



## Wellness BBQ Series

**Next: August 24<sup>th</sup>, 4PM-7PM**

417 Peters Drive, Glenshaw

Contact: [dayjr@upmc.edu](mailto:dayjr@upmc.edu) or  
[staszlj2@upmc.edu](mailto:staszlj2@upmc.edu)

*Join the residents for grilling and  
chilling!*

## FITNESS EVENTS

### Wheelchair Shoulder Health Fair



*Come learn about shoulder health through  
ultrasound, sport, nutrition, and more!*

**September 14<sup>th</sup>, 11AM-2PM**

Dept. of PT, 100 Technology Drive

Contact: [loydar@upmc.edu](mailto:loydar@upmc.edu)

### 5K Walk/Run/Wheel



*Join the action at North Park! Proceeds  
benefit Steelwheelers adaptive sports!*

**October 12<sup>th</sup>, 9AM-12PM**

10301 Pearce Mill Road, Allison Park

Contact: [tempestml@upmc.edu](mailto:tempestml@upmc.edu)